

# SOME THINGS THAT CAN BE DONE WITH POTATOES

By VIRGINIA CARTER LEE

EATING potatoes three times daily in our endeavor to save the wheat flour may, to some people, savor of a monotonous diet. A careful trial, however, of the coming week's menus will convince even the skeptic that such is not the case, for, carefully cooked, the potato lends itself to more methods of appetizing preparation than any other article of our daily food.

Fruits and the fresh spring vegetables are featured in addition to the potatoes. These are known in folk-lore as "stout heart," and so are an appropriate war diet. In order that the weekly budget may be kept within the stipulated sum of \$12 for a family of four the fish and meat bills have been curtailed as much as possible.

Use the lamb bones to enrich the vegetable soup for Tuesday's dinner, and save every particle of cooked or fresh vegetables so that they may be utilized in the making of a good vegetable or "spring salad" that at this season of the year plays such an important part in the well-balanced ration.

The fricandeau of veal served for Sunday's dinner is taken from the upper round of the leg and is one side of the file. It should be cut in a thick piece and is larded and cooked slowly; all veal must be thoroughly cooked to be palatable and wholesome. A soup bouquet, chopped onion and carrot are added to the liquor in which it is cooked and the liquor strained and made into a rich brown gravy.

When good gravy is served and the ve-

tables dressed with fat or shortening butter is not needed at the evening meal, another decided saving with butter still at 47 cents a pound.

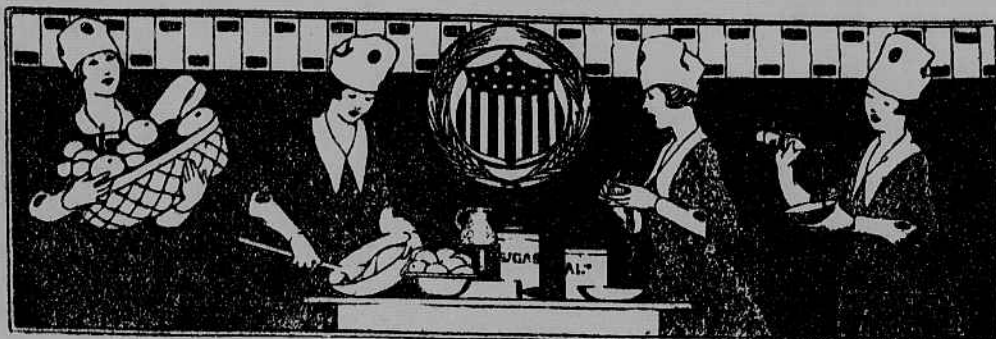
Desserts at this season of the year can be largely drawn from the fresh fruit supply. Rhubarb, strawberries and pineapple can now be purchased at reasonable prices, and in many instances they only require a small amount of sugar; with no cooking to give a tempting dessert they are really cheaper than made desserts that call for the use of fuel and several additional ingredients.

Supplies for the week will include, at the butcher's, one pound and a half of veal cutlet at 35 cents a pound, two slices of salt pork at 15 cents, one pound and a quarter of chopped beef for loaf at 30 cents, one pound and a half of breast of lamb at 28 cents, three pounds of veal at 32 cents a pound, and 6 cents for larding pork.

At the fish market, two pounds of flounders at 18 cents a pound, one 10 cent package of salt codfish, one three-pound shad at 80 cents and one pint of clams at 30 cents.

One pound and a half of table butter at 47 cents a pound, half a pound of oleo at 16 cents, six quarts of bulk milk at 10 cents a quart (to be carried home), one quarter-pint of cream at 12 cents a bottle, and three dozen eggs at 40 cents a dozen will be required to follow the menus as planned, and the market prices should run at about the following approximate figures:

Butcher's bill.....	\$2.53
Fish bill.....	1.56
Eggs.....	1.20
Milk and cream.....	.72
Butter and oleo.....	.87
Groceries, including fruit and vegetables.....	5.12
	\$12.00



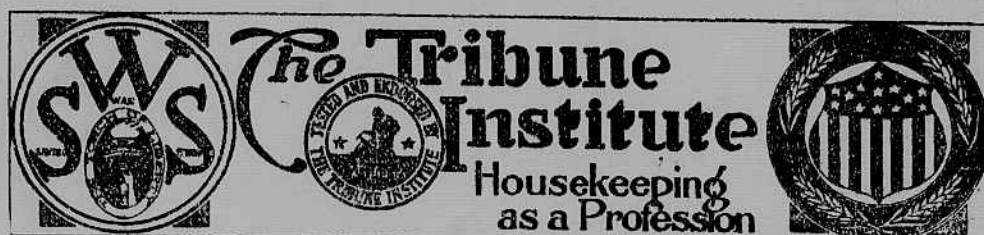
## OUR DIETARY SACRIFICES

The homeless refugees are drifting back into Paris by the thousands. They have been evicted twice from their homes. They lack everything, not food only.

It is said that at the Paris hotels one can eat the attractive reading menus and lose ten pounds a month, the fats, fresh foods, sugars and other essentials are so largely lacking.

Our war duty is to consume our surplus that it may not be wasted! To eat potatoes instead of wheat, to encourage the farmer, to prevent waste and conserve the wheat supply all by one move. Incidentally meat and potatoes go together better than bread and meat on purely dietary grounds, for the potatoes are alkaline in their reaction in the body and offset the acidity of the meat.

While so many in the world are starving we have only to adapt and vary our buying so that we may prevent waste and so best serve the world's food needs. This is not a sacrifice, only an intelligent and self-serving policy. Are we equal to it? A. L. P.



## TESTED RECIPES

### Hominy Custard

Put two cupsful of milk with the grated rind of a lemon into the upper part of the double boiler. When it reaches the boiling point, stir in half a cupful of cooked hominy with a pinch of salt and cook for five minutes. Remove from the fire, stir in the stiffly beaten yolks of two eggs blended with three tablespoonsful of sugar and mix well. Let it become cool, but not stiff, fold in the stiffly whipped egg whites and turn into a buttered pudding dish. Dust over with grated nutmeg, place the dish in a pan of hot water and bake in a moderate oven for twenty-five minutes.

### Potato Dumplings

Bake the desired number of potatoes, and as soon as done break open, take out the pulp and mash. To a level cupful of the potato add one-quarter of a teaspoonful of salt, a tiny pinch of ground mace, one tablespoonful of fried bread crumbs and one teaspoonful of beef suet, sprinkled with flour and chopped as fine as dust. Mix to a thick batter or soft dough with beaten egg, form with floured hands into small dumplings and drop into boiling salted water. Simmer for fifteen minutes.

### Potato Omelet

Put one cupful of cold mashed potatoes into a saucepan, add one-quarter of a cupful of milk, salt and paprika to taste, one tablespoonful of chopped parsley and the yolks of two eggs. Mix thoroughly, take from the fire, fold in the whipped whites and spread evenly in a frying pan on-

taining a little hot bacon dripping. Cook slowly until well risen, fold over, brown for a moment on the under side and serve inverted on a hot platter.

### Potato and Carrot Salad

Chop finely one and a half slices of white onion, one tablespoonful of parsley and one tablespoonful of piccalilli. Mix this with one pint of potato cubes, half a cupful of cooked carrots cut in dice and moisten with a little French dressing. Shape in a mound, surround with a border of crisp lettuce leaves and pour over the salad sufficient mayonnaise to mask it. Garnish with capers and tiny pink radishes.

### Potatoes Milanais

Peel and wash as many small potatoes as desired. Place in a saucepan, add strained and seasoned stock to cover and boil until almost tender. Drain quickly, drop into deep hot fat and cook just long enough to brown delicately. Drain on paper, place in a heated vegetable dish and dress with salt, paprika and one tablespoonful of mild vinegar, the latter sprinkled over the potatoes.

### Quick Potato Biscuit

Have ready one pint of cooked potato pulp and beat into it three tablespoonful of milk from the top of the bottle, one scant teaspoonful of salt and one tablespoonful of melted shortening. Lightly add just enough sifted rice flour mixed with half a teaspoonful of baking powder to make the mixture hold together. Roll out half an inch thick, cut in small biscuits and bake in a quick oven. Brush over with a little melted shortening before baking.

## Monday

### BREAKFAST

Stewed Rhubarb, with Raisins  
Browned Vegetable Hash  
(basis of Potatoes)  
Corn Dodgers Coffee

### LUNCHEON

Potato Chowder Rye Bread  
Fruit Salad

### DINNER

Tomato Soup Sweet Pickle  
Escalloped Potatoes Baked Onions  
Hominy Custard

## Tuesday

### BREAKFAST

Sliced Oranges  
Uncooked Cereal  
Potato Patties, with Scrambled Eggs  
Coffee

### LUNCHEON

Cheese Pudding  
Potato Straws Watercress  
Shredded Pineapple

### DINNER

Vegetable Soup Potato Dumplings  
Fried Flounder Tomato Salad  
Asparagus Apple Tapioca

## Wednesday

### BREAKFAST

Cooked Cereal, with Diced Figs  
Potato Omelet Watercress  
Coffee

### LUNCHEON

Creamed Salt Codfish  
Panned Potato Cakes  
Lettuce and Asparagus Salad  
Rice Flour Cheese  
Straws

### DINNER

Veal Cutlet Spinach  
Potato Souffle, with Cheese  
Baked Indian Pudding

## Thursday

### BREAKFAST

Moulded Cereal, with Strawberries  
Crisped Salt Pork in Cream Gravy  
Baked Potatoes Coffee

### LUNCHEON

Potato and Carrot Salad  
Muffins from Rolled Oat Flour  
Prune Whip

### DINNER

Corn and Tomato Soup  
Beef Loaf Milanaise Potatoes  
String Beans Cocoa Junket

## Friday

### BREAKFAST

Sliced Pineapple  
Uncooked Cereal  
Quick Potato Biscuits Coffee

### LUNCHEON

Sliced Beef Loaf Potato Croquettes  
Sweet Pickle Strawberries

### DINNER

Baked Shad Parsley Potato Balls  
Dandelion Greens  
Fresh Tomato Salad  
Vegetable Salad Apple Tarts  
(crust from rye and rice flour)

## Saturday

### BREAKFAST

Cooked Evaporated Fruit  
Eggs Poached in Tomato Sauce  
Hashed Browned Potatoes  
Coffee

### LUNCHEON

Shad and Cucumber Salad  
Irish Potato Cake  
Oatmeal Drop Cookies  
Cocoa

### DINNER

Cream Potato Soup  
Braised Breast of Lamb Green Peas  
Riced Potatoes Browned Gravy  
Vegetable Salad  
Caramel Custard

## Sunday

### BREAKFAST

Halved Grape Fruit  
Clam Fritters Baked Potatoes  
Coffee

### LUNCHEON OR SUPPER

Stuffed Eggs Olives  
Potato Scones  
Fruit Jelly

### DINNER

Pea Soup  
Fricandeau of Veal Potato Puff  
Stuffed Tomatoes  
Radish and Young Onion Salad



## Fish and Dairy Salads for One-Dish Meals

By JEANNETTE YOUNG NORTON

THRIFT lessons are bearing fruit; economy has become fashionable. A cool kitchen, with light housekeeping as a reality, is in sight. The one-dish dinner is the oasis in the desert of housework which has surrounded and overwhelmed the housewife for ages.

Salads have heretofore been used to break a heavy dinner or help out a slim one; occasionally they have appeared for luncheons of different kinds. But they are now offered as a working possibility in the one-dish dinner campaign.

Preceded by a hot or cold soup or suitable relish, the salad, accompanied by any of the war breads, coffee, tea, cocoa or fruit drink, makes an excellent war-time dinner. Desserts are expensive and unnecessary; cheap desserts are usually unworthy of consideration; fruits, ices or homemade plain cakes may be used if the void must be filled.

Fish and dairy salads are quite hearty, and on hot days the fruit salads will be found sufficiently heavy for most people. The advantage in salad dishes is the fact that they may be prepared in the morning, requiring but a few minutes to complete just before serving.

### DAIRY SALADS

#### Clabber Salad

Boil six potatoes, peel and dice them. Chop half a Spanish onion, one red pepper, after removing the seed cone, one cold boiled carrot and parsnip and a tablespoonful of tarragon leaves. Mix all with potatoes, add a saltspoonful of pepper and a half teaspoonful of salt. Have ready one pint of well drained clabber; add to it a little pepper and salt, a tablespoonful of sugar and the same amount of chopped chives. Turn the clabber over the salad and serve in large lettuce leaves.

#### Cottage Cheese Salad

Take two cups of cottage cheese and add a grated onion, a teaspoonful of salt, a saltspoonful of pepper, a tablespoonful of sugar, the same amount of chopped chives and a half cup of finely chopped walnuts. Mix all to a blended paste with a quarter cup of cream. Press into a tumbler shaped mould and chill. Unmould, slice with a sharp knife onto lettuce leaves, and dress with mayonnaise made with mustard.

#### Egg Salad

Boil six fresh eggs until hard; shell and wash lengthwise. Remove the yolks and wash half of them with a tablespoonful of strained fresh pineapple, a little olive oil, a half teaspoonful of salt and a pinch of cayenne pepper. Fill half the white shells with this mixture. Mash the other yolks to a paste with a tablespoonful of melted butter, the same amount of French dressing and a quarter cup

of sharp dairy cheese grated. Mix and fill the rest of the egg whites. Put a half egg of each kind in a nest of lettuce leaves on each plate and screen with sharp mayonnaise.

#### Egg Ball and Ring Salad

Boil seven eggs hard. When cold cut in thin slices, removing the yolks, and lay the white rings aside. Mash the yolks smooth with a little soft orange marmalade, a pinch of salt and a dash of cayenne and form the mixture into small balls. Line the salad bowl with lettuce leaves. Shred some of the lettuce and mix with the balls and white rings. Turn over all a boiled dressing.

Dressing: Boil the juice of one lemon, a half cup of honey, one tablespoonful of sugar, two beaten egg yolks, a saltspoonful of salt and a dash of pepper together. When smooth and thick set to chill. Just before serving add a half a cup of whipped cream.

#### FISH SALADS

##### Smoked Sablefish Salad

Flake a half pound of the smoked fish and add to it a grated onion, a seeded cucumber chopped with a seeded pepper, and the heart of a white head of lettuce cut fine. Mix lightly and add a half cup of heavy French dressing which contains two teaspoonful of chopped tarragon leaves. Garnish with pimento olives.

##### Shad Milt Salad

Parboil two large milts in salted water for twenty minutes; add to the water a chopped onion, two cloves, one bay leaf, pepper and a sliced lemon. When done add half a cup of vinegar and cool in the water. When cold drain and dice the milt. Cut the white centre from a head of chicory and add, with a half cup of chopped pineapple, to the milt. Toss in thin mayonnaise, serve in lettuce leaves and garnish with olive rings.

##### Lemon Sole Salad

Filet a large lemon sole; parboil the filets twelve minutes in salted water; drain and cool, but do not break them. Lay one filet on a bed of lettuce leaves; spread it with a layer of paste made from one cup of crab meat, one chopped cucumber, a teaspoonful of sweet herbs chopped, salt and pepper blended with mayonnaise. Lay on the other filet. Squeeze over it the juice of a lemon then mask with mayonnaise. Put a boiled egg through the ricer over the top and garnish with olives.

##### Salad Rex

Make one pint of fish stock, season with a tablespoonful each of Worcestershire sauce and ketchup, the juice of an onion and lemon, pepper and salt. Add a heaping tablespoonful of gelatine, dissolved in water, blend, strain and when cool add two cups of flaked codfish, one cup of broken shrimp, a chopped pepper, a chopped cucumber, two sliced gherkins, and turn into a wet mould to chill. Slice on lettuce and mask with mayonnaise.

## Cheating the Garbage Pail

By VIRGINIA CARTER LEE

IT HAS been truthfully said the most admirable housekeepers are those who make "their pennies go on twopenny errands."

One of the surest ways of doing this is to have a watchful eye upon every particle of the "left-overs"—the last slice of meat, that you think of throwing away, but ought to mince for an omelet; the last spoonful of jelly that might flavor the sauce for the luncheon pudding, instead of dissolving it and sweetening the dish water, or the last bit of vegetable and potato left from dinner that will further enrich tomorrow's soup if carefully turned into the stock kettle.

Along these same economical lines may be considered crackers and cheese. Of course, as long as the former are crisp and dry and the latter moist and fresh the housekeeper will need no advice, as they are both such favorites that they will disappear as rapidly as you can wish. It is when they are stale and no longer inviting for the table that they are hard to dispose of, and to meet this emergency the following tested recipes are given, which will provide a very tasty supper or luncheon dish at practically no expense.

Grate all bits of cheese, no matter how hard and dry, on the horseradish grater. You will have a light, flaky mass that will keep for a long time, if kept covered in a dry, cool place, and it is in the most convenient form to use for flavoring macaroni or special dishes.

As regards crackers, roll or pound any broken pieces together with the crumbs left from time to time in the bottom of the packages, and after crisping slightly in the oven store them in an airtight jar for various purposes.

#### Rice Entrée

Boil in salted water until tender a cupful of well washed rice. Add a small cupful of milk, two well beaten eggs and pepper and salt to taste. Turn into a shallow buttered pan, sprinkle grated cheese thickly over the top and bake until of the consistency of custard and the top is nicely browned. Serve hot in the baking dish.

#### Toast with Cheese Gravy

Toast crustless slices of bread as needed. Soften by dipping for a second in hot, salted

water and place where they will keep hot. Prepare sufficient gravy to cover the toast slices—of milk, meat broth, cold gravy left from a previous dinner or a combination of all three. Thicken the gravy to the consistency of thick cream by the addition of a little flour mixed to a paste with cold water. Season highly with salt, paprika and half a teaspoonful of prepared mustard and add to each cupful of the gravy one cupful of grated cheese. Stir rapidly until the cheese melts, and pour over the toast slices that have been arranged on a hot chop platter.

#### Baked Eggs

Arrange small baking dishes (fireproof) on a baking sheet and heat them in the oven. Put a small piece of butter and a spoonful of milk or cream in each. Break in the eggs carefully so as not to disturb the yolks, and sprinkle pepper, salt, grated bread crumbs and cheese over each. Let them bake in a gentle heat, so that the eggs will cook to a clear jelly and not harden. Serve immediately in the baking dishes.

#### Cracker Pudding (No. 1)

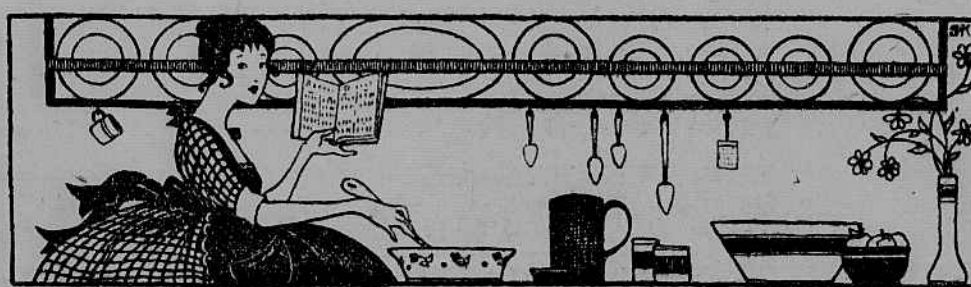
Use three eggs to a quart of milk, saving out the whites of two. Heat the milk, add the egg yolks, sugar to taste, a pinch of salt, one cupful of rolled crackers, half a cupful of desiccated cocoanut and half a teaspoonful of vanilla extract. Mix the ingredients well and turn into a buttered pudding dish. Set this in a vessel of hot water and cook in a moderate oven until the pudding is set. Five minutes before it is cooked spread lightly with orange marmalade and cover with a meringue made from the stiffly whipped egg whites and one tablespoonful of powdered sugar. Return to the oven for the meringue to brown slightly.

#### Cracker Pudding (No. 2)

This pudding is especially recommended for the children's nursery supper. Lay crackers, either broken or whole, in a deep dish and pour over them enough hot, salted milk to cover. Lay a heavy, weighted plate on top of them and set in a warm place for one hour or until they are almost like jelly. Serve in glass saucers, with a layer of jelly or jam over each portion, with a sauce made from thick, sweet cream, flavored with a little grated nutmeg.

#### Baked Crackers

For a family of six persons take eight of the large unsweetened, square crackers. Butter them liberally, dust with salt and paprika and pour over them sufficient thick (seasoned) tomato sauce to cover them. Dust over with a thick layer of grated cheese; dust again with paprika and cook in a moderately hot oven for half an hour.



## TRIBUNE INSTITUTE CONSUMERS' CLUBS

### Candled Eggs for Preserving Purposes

There is still time to put down in water glass your December and January eggs at May prices. They cost about 41 cents per dozen now and will probably be twice that by Christmas time. A gallon container will hold three dozen eggs and one dollar's worth of water glass in powdered form will preserve fifty dozen.

This time of the year not many eggs are candled, and it is a bad idea to spend time and money preserving eggs unless they have been tested.

You can get twelve dozen, extra quality, candled eggs at the wholesale cost plus three cents a dozen, suitable for preserving, by telephoning the club station of The Tribune Institute Consumers' Clubs, Morningside 7795.



## A "Cape Cod Turkey Dinner" How to Cook It

By MARGARET HAMELIN

UNFORTUNATELY, outside of New England a "Cape Cod turkey dinner," or in reality a "boiled salt fish dinner," is hardly known, and even in that section, in the interior, it is rarely served to perfection, as it is in the towns bordering on the coast, especially in the Cape Cod section.

Probably, too, to the uninitiated, it may seem like rather an unpalatable meal, but to those fortunate enough to know what it really is few dishes are more attractive.

The preparation for such a dinner calls for both care and skill, and the materials used should be of the best. The codfish, which is the only suitable fish, should be cut in a piece of generous proportions and the vegetables that accompany it should include boiled onions, beets, carrots and potatoes. These must be young and tender, cooked to just the right degree of perfection and then dressed with a little melted butter or oleo and plenty of paprika. A rich egg sauce and crisp pork scraps are also served with it, and the whole forms one of the best "one-dish dinners."

The night before the dinner is to be served wash the salt cod carefully, using a small brush for the purpose; then put the fish in a large pan, skin side up, and cover with cold water. The next morning drain, dry and lay the fish in a fish kettle, and after covering with fresh cold water heat slowly to the boiling point. Set it back on the range or reduce the heat so that the water will not boil and let it stand closely covered for about four hours. This method of cooking is most essential, for if care is taken and the fish is not allowed to boil, it will break into soft, rich, gelatinous flakes when served; but if allowed to boil it will be tough and stringy.

The pork scraps used may be made from two slices of salt pork, cut into cubes and fried until crisp and brown. Save the fat in the pan, as it is one of the best materials for frying fish, potatoes, etc.

In making the egg sauce prepare a rich cream sauce, highly seasoned with paprika, celery salt and a few drops of Worcestershire sauce and further enriched by two chopped hard boiled eggs and a tablespoonful of chopped parsley.

In serving the dinner the fish is dished in one piece on a large hot platter and garnished with the beets, carrots and parsley; the pork scraps are heaped at either end of the platter, while the potatoes and onions are arranged alternately as a border. Serve the cream sauce in a heated gravy boat.

## Rhubarb and Asparagus First in the Can

By LOUISE M. WILLIAMS

Domestic Scientist, Tribune Institute

RHUBARB and asparagus are the first two products for the housekeeper to put up. If fancy asparagus at 40 cents per can of about twenty stalks has been on your winter market list you will readily see the advantage of buying asparagus in May and June at 25 cents for a bunch containing thirty stalks and canning it. Two bunches for 50 cents will yield three quart cans, each holding twenty stalks of beautiful asparagus that in our opinion excels any that you can buy in tin cans, good as it is. Asparagus attacks the tin, on long standing, and the taste of the can is sometimes imparted to the vegetable. This is not harmful, but the asparagus put up in the glass jars is more palatable.

#### Canned Asparagus

Use only fresh, tender asparagus for canning. Wash carefully and remove scales with a sharp knife. Cut in lengths to fit jars. Tie in bundles and blanch over live steam for fifteen minutes, or blanch stalks in boiling water two minutes (standing), and then both stalks and tips (laid down in water), for two minutes longer. Plunge in cold water quickly and pack, tips up, in hot sterilized jars; add one teaspoonful of salt to a one quart jar, adjust sterilized rubbers, then add boiling water to overflowing; put on the cover and partially seal (i. e., leave lower wire lever up, or with Mason jar seal and then reverse cover one-half a turn).

Sterilize either in hot water bath for two hours; in water seal outfit for ninety minutes; or under five pounds pressure for sixty minutes. In the water bath be sure that the water is two inches over the top of the jar. Count time from moment water boils and be sure that it boils throughout the period. The asparagus is not being sterilized if it heats below the boiling point. "Simmering" is not sterilizing. The product must boil for the specified time.

After sterilization, seal and test for leakage by inverting jar. When cooled wrap in paper to prevent bleaching, and label.

#### Two Ways to Put Up Rhubarb

Choose juicy red stalks. Wash, do not peel; cut in one inch pieces or in pieces to fit jar, blanch one and one-half minutes in boiling water, cold dip. Pack in hot sterilized jars, adjust sterilized rubber, add boiling syrup (one cup of sugar to three of water, brought to boiling point), partially seal and sterilize sixteen minutes in hot water bath, with water two inches over the jar.

Rhubarb is also put up in cold water without any processing. The rhubarb is washed, then cut into desired lengths, placed in sterilized jars, cold, sterilized water added to overflowing, and sealed.